

Lemon, Rocket and Peas Risotto

Season: Winter

Type: Main

Serves: 32 tastings

From the garden: Rocket



Class focus: Grating lemon zest & squeezing lemon juice

Equipment:	Ingredients:
Large saucepan x 1 Wooden spoon x 1 Chopping boards and knives Grater x 1 Juicer x 1 Measuring cups Measuring spoons Kitchen scale Serving bowl x 5 Serving spoon x 5	¼ cup olive oil 50g butter 1 onion (finely chopped) 1 clove garlic (minced) 3 cups Arborio rice 9 cups water 1 vegetable stock cube 1 teaspoon dried thyme 2 teaspoons salt 10 grinds of pepper 2 handfuls of rocket (cut into 1cm lengths) Juice and zest of ½ lemon 2 cups frozen peas ½ cup parmesan cheese

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the first 4 ingredients in a large saucepan over medium-high heat until onion is softened, about 2 minutes.
4. Add the next 6 ingredients.
5. Bring it to the boil, turn the heat to low, cook stirring occasionally until all liquid is absorbed and rice is cooked, about 25 minutes. Remove from heat.
6. Stir in the last 4 ingredients.
7. Serve into 5 large serving bowls with a serving spoon in each.

For vegan / dairy intolerance option:

- Use Nuttelex.
- Add the parmesan cheese at the end so you can take a portion out without cheese for the vegan or dairy intolerance students.

For gluten free option:

Use vegetable stock powder.

Interesting terms:

Interesting techniques: Grating lemon zest & squeezing lemon juice